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The Sheltered Guide 05/06/20

Greetings Alliance Members,

Can you believe that we are in the month of May? As we continue this quarter's topic of **creative therapies**, today we will highlight approaches through **expressive arts**. As many of our members have witnessed with the survivors in their programs, trauma is difficult to verbally describe. Art therapy accesses the part of the brain where trauma resides and allows for non-verbal processing and re-connection to the trauma experience in a safe environment (**Kometiani, 2020**). Exploratory **findings** illustrate the use of expressive arts in fostering connections, relationships, instilling hope, promoting identity, and discovering strengths. Children and adolescents (**Pifalo, 2011**) greatly benefit from the short and long-term impacts of art therapy. Art therapy can be a form of self-care for your staff (**van Dernoot Lipsky, 2009**) as well!

"The shame and guilt can keep them from sharing their story and feelings through words. The process of art making can provide a safe place where the story can be told creatively and in a non-invasive way." Atira Tan, The Art2Therapy Project

Check out a few more resources:

- [Art Therapy Treatment with Sex Trafficking Survivors, 1st Edition](#)
- [Art Therapy Blog](#)
- [Music and Mindful Art](#)

Alliance Member Conference Call

Mark your calendars for **Thursday, May 21st (3:00-4:30pm ET)** for our next member conference call (video optional but we would love to see you)! We will have an industry expert present about **fundraising strategies during and post-Covid**. There will be a significant amount of time dedicated to Q&A, so be sure to submit your questions in advance to membership@shelteredalliance.org. See you then!

*No need to register, just click on the button below to join us.
Don't worry we will send a reminder!*

[Join Us!](#)



Meet **Calvin Fanning**- our new **Alliance Referral System (ARS) Program Manager** for NTSA! Calvin has worked internationally with underserved populations in North Africa, where he experienced the impact a caring community can have on those who are overlooked in society. His passion for seeing others served well is what drives him to cultivate supportive relationships among those working in shelter services.

If your organization has altered intake procedures, and/or if you plan to accept **new** referrals in the near future due to the changing shelter-in-place parameters, please reach out to Calvin at cfanning@shelteredalliance.org.

Covid-19 Resources

- [FAQ](#) on the Paycheck Protection Program (PPP) by the Small Business Admin.
- How to **retain donors** after #GivingTuesdayNow
- [Kindful's Resource Center](#)
- Stay up-to-date on **your state's** reopening phases
- [Hybrid Event Models](#)
- [7 Emails](#) to send throughout the pandemic

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